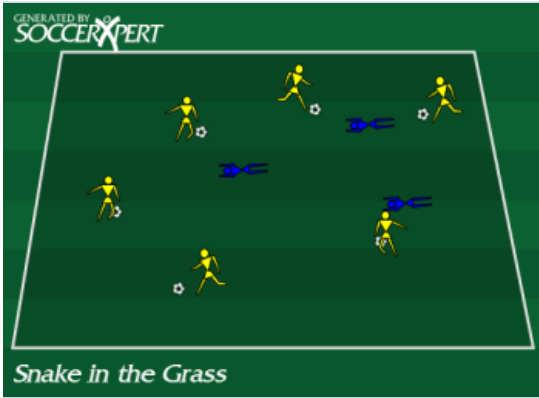




Drill Quick Glance

Age: 4-8	Field: 15X15
Players: 6+	Time: 10 mins.
Difficulty: EASY	Focus: DRIBBLING
Keeper: NO	Type: INDIVIDUAL
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Soccer Balls

Snake in the Grass Soccer Game

Objective:
This is a great soccer game for under 6 and under 8 soccer players. This soccer game is designed to work on young players coordination and body movements.

Setup

1. Create a small grid approximately 15X15 yards.
2. All of the players should be inside the grid.
3. The coach should designate two players to be the "snakes" by lying on their stomachs.
4. Each of the players begins with one of their hands on the snakes in the grass.

Instructions

1. When the coach yells "SNAKE IN THE GRASS" the non-snake players attempt to avoid the snakes as the snakes attempt to slither around on their stomach and touch a non-snake player.
2. As a player is touched, that player also becomes a snake.
3. The activity continues until everyone is a snake.

Coaching Points

- This soccer game is designed to work on young soccer players balance, coordination and body movement.
- As the children attempt to avoid the snakes, they will move in all directions and should be encouraged to run, jump, cut, turn, etc to avoid the snake.

Variations

- NONE